

# Joint Base Journal

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News and information for and about the premier  
Joint Base and its region

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JOINT BASE ANACOSTIA-BOLLING

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## Two owe lives to Navy Yard, Joint Base Anacostia-Bolling

BY JOSEPH P. CIRONE

JOINT BASE ANACOSTIA-BOLLING PUBLIC AFFAIRS

Two young men are likely alive today because of the skills of Naval District Washington (NDW) Central Battalion firefighters based at Joint Base Anacostia-Bolling (JBAB) and the Washington Navy Yard (WNY) and an amount of luck.

According to Navy Lt. Cmdr. Robin Shaffer, JBAB director of operations, the firefighters were completing a fire and rescue skills training drill at JBAB's marina, when a small aluminum boat with the two people aboard was first noticed just before noon Saturday.

The boat, with a single outboard motor, was operating on the Potomac River, near the marina's entrance, during a day of intense wind conditions, which fanned history making brush and structure fires, throughout the National Capital Region.

Sustained winds of up to 50 mph with wind gusts reported as high as 60 mph were recorded in the area by the National Weather Service. Wind forced waves of water over the boat's sides, according to firefighters at the scene.

"Even though they were wearing lifejackets, we knew it was not good to be out there, so we yelled to them to come into the marina for safety," NDW Fire and Emergency Services, Batt. Chief John McDonald, said. "They either didn't hear us or ignored us."

As the firefighters and McDonald watched, water swamped the boat and it overturned, throwing its occupants into the cold water. "One of them had a cast on his leg and the other didn't seem to know how to swim," McDonald reported.

Firefighters from NDW Fire and Emergency Services Engine Co. 42, based at WNY and Tower Ladder Co. 21, based at JBAB, sprang into action, quickly retrieving rescue equipment from their fire trucks and climbing over a fence where they could gain access to the waterborne victims.

One of the boaters was quickly rescued using a rope thrown from the shore. The other victim was struggling to stay afloat and became distressed, according to McDonald.

According to reports, Firefighter Steven Hainey, who volunteers during his off-duty time as a Fire Capt. with the Accokeek (Md.) Volunteer Fire Department threw a life ring, attached to another rope, to the struggling victim so he could be pulled to safety.

Aided by fellow firefighters, Hainey and McDonald, brought both victims to shore and began providing emergency medical care while an ambulance was en route to the scene. McDonald said, "One was showing signs of possible hypothermia and the other was in respiratory distress."

While both victims were being transported to a District of Columbia area hospital, a D.C. Fire and EMS Department boat assisted NDW firefighters in removing the boat from the water, preventing it from becoming a hazard to navigation.

"It is very likely that had we not been there at the time, the two may have perished," McDonald concluded.

JBAB public safety personnel routinely train for a variety of emergency situations, in a plethora of locations and conditions on the installation to be prepared when seconds count.

## Joint Base personnel exercise readiness

BY SENIOR AIRMAN  
STEELE C. G. BRITTON  
JOINT BASE ANACOSTIA-BOLLING  
PUBLIC AFFAIRS

Emergency responders at Joint Base Anacostia-Bolling (JBAB) and Naval installations around the world engaged in Solid Curtain/Citadel Shield 2011, the largest force protection and anti-terrorism exercise on Navy-led bases and installations in the continental United States, Hawaii and Guam.

Exercise scenarios were conducted Feb. 22-25 at JBAB, testing emergency response personnel to be prepared for real-world situations.

"All of Navy is doing exercises this week as part of the 'Solid Curtain' exercise," said Naval District Washington Fire and Emergency Services Department Central Battalion Chief Jeff Williams. "It is to test our emergency preparedness, our emergency management team, our first responders, and Emergency Operations Center (EOC) personnel to make sure that we're ready and willing to go in the event of an actual emergency."

The EOC was set up and fully functional where JBAB personnel ensured operations ran smoothly during the exercise.

Exercise scenarios included a suspicious package, telephonic



U.S. AIR FORCE PHOTO BY SENIOR AIRMAN STEELE C. G. BRITTON

Naval District Washington Hazardous Materials Response Unit firefighters take samples of a substance during an exercise Feb. 23 on Joint Base Anacostia-Bolling. First responders took immediate action during scenarios as part of the Solid Curtain/Citadel Shield 2011 events where they sharpened their skills to be better prepared in the event of a real-world emergency.

threat and other scenarios including a hazardous material situation.

Staff Sgt. Arlen Martin, 579th Medical Operations Squadron bioenvironmental technician, was one of many responders to the scene.

"We received a phone call from the police dispatch that the fire department had requested us on scene to respond to a potential [chemical emergency]," he said.

Throughout JBAB, personnel

remained vigilant and security measures were practiced to meet any potential threat in a real-world situation.

Navy, Air Force, Coast Guard, Marine and Army assets displayed joint capabilities while training together during the exercise they are better prepared in the event of a true emergency.

"Overall, a lot of good teamwork," Williams said.

## Final JBAB Black History Month event to be held Monday morning

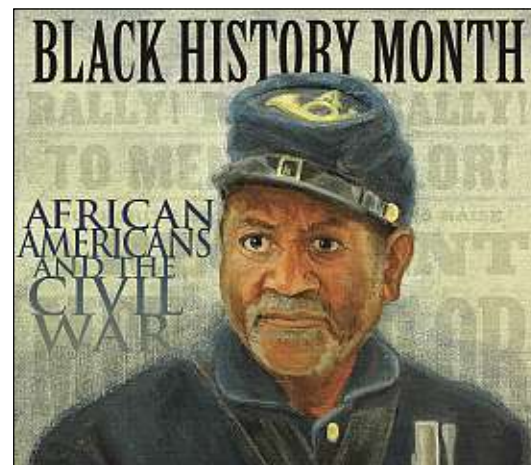
BY JON YOUNGDAHL  
JBAB PROTOCOL

It's not too late to make plans to attend the free final Joint Base Anacostia-Bolling (JBAB) celebration of this year's DOD themed program, "African-Americans and the Civil War," at the Main Chapel Activity Room from 10 a.m.-noon Feb. 28.

There will be a mobile exhibit from the African-American Civil War Memorial and Museum entitled "Glorious March to Liberty," and a display of books from the base library.

The event will also feature performances by Quintin Lyton, JBAB Gospel Choir director, as well as The Women of the Civil War, a troupe of ladies who travel to various venues and portray Civil War characters in period costume and tell their stories in the first person.

The keynote speaker for the event, C.R. Gibbs, is a renowned author, speaker and expert on African Americans' involvement in the Civil War.



## INSIDE

*CMSAF discusses  
need for resiliency*



Page 2

*SecAF takes  
stock of progress*



Page 3

*DOD officials strive  
to strengthen  
military families*



Page 6

# CMSAF discusses need for strengthened resiliency at symposium

BY MASTER SGT. AMAANI LYLE  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

ORLANDO (AFNS) -- The Air Force's senior enlisted leader discussed the importance of resiliency and its impact to the service Feb. 17 here during the Air Force Association's Air Warfare Symposium and Technology Exposition.

Chief Master Sgt. of the Air Force James A. Roy spoke candidly about the repercussions of a force that fails to foster a culture of resiliency, referencing hot-button issues such as alcohol-related and ground-safety incidents, spousal and child abuse, sexual assault and suicide.

"People matter ... lives matter," the chief said in regard to the consequences of failed resiliency. "Overall, our Airmen and families are very resilient. We have to set that tone of resiliency culture within our units, within our communities."

To further emphasize Airmen vocalizing the need for or offering of help, the chief presented a video of the results of failed resiliency. Airman 1st Class Austin Gates-Benson died by suicide May 3, 2010, in Afghanistan.

Assigned to Robins Air Force Base, Ga., Airman Gates-Benson seemed unlikely to commit suicide, according to his friends and family. They came forward to share their memories of an outwardly jovial Airman, friend and son.

"Austin died because he was silent about his problem," said Fred Boenig, Airman Gates-Benson's father. "Don't be silent about yours; things that look perfect maybe aren't."

His parents, Joie Gates and Mr. Boenig, joined their son's friends and 54th Combat Communications Squadron Commander Lt.

Col. Donald Cournoyer to urge viewers to speak up about any issues they may be going through, find resources for help and assist others who may struggle.

The impetus behind the video was clear, according to Chief Roy.

"I want to make sure no other Airman feels it necessary to go to this extreme means of ending that pain," the chief said, relating Ms. Gates' motivation for participating in the video. "We ended up in 2010 with 100 suicides, and unfortunately, I have to report to you today we're already past that this year compared to where we were this time last year."

The chief also noted other trends impacting the force, adding that even dips in certain statistics should not be cause for complacency.

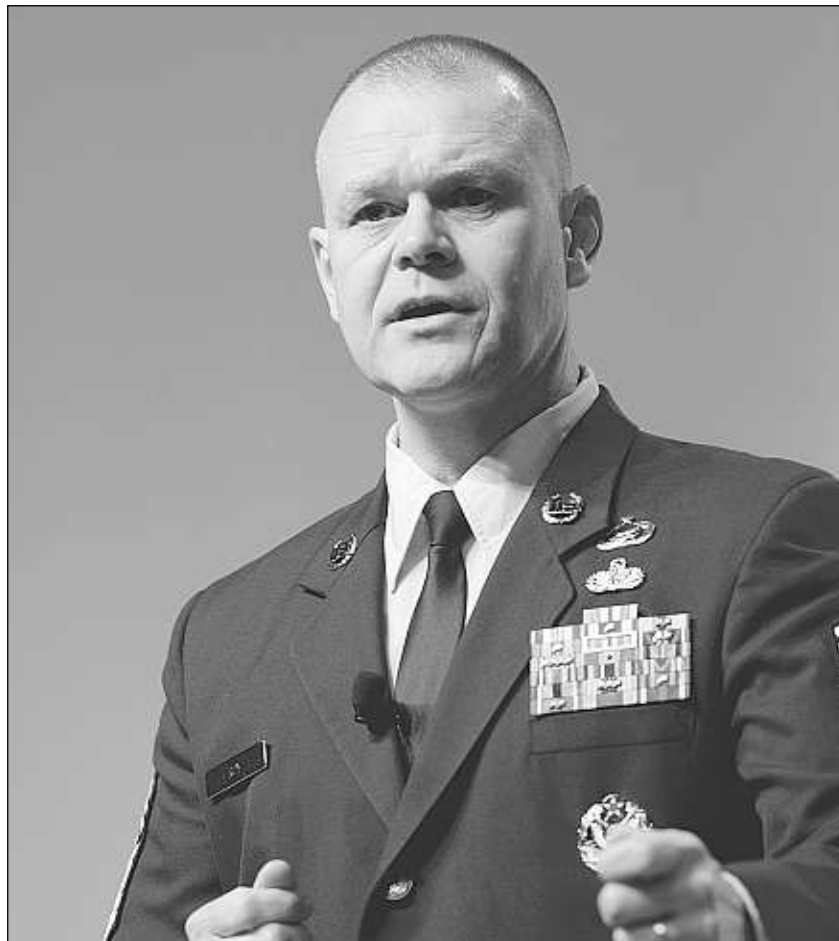
"Alcohol-related incidents have come down slightly from 2009 to 2010 fiscal year, but nearly 7,000 incidents is still a lot," Chief Roy said. "I would also argue that 3,600 ground-safety incidents in FY 10 is a lot."

The chief expressed concern for indicators on the rise.

"Child- and partner-abuse cases are both up for 2009, and divorces are up for the third year in a row," the chief said. "Unfortunately, we also have about 600 cases of sexual assault each year."

The chief's final message was a call to action for all Airmen to "communicate, care and commit."

"Our Airmen are the ultimate weapons system we have, and we need to care for them," Chief Roy said. "(Promoting) the resiliency culture is the right thing to do for our Airmen, our families and for the United States Air Force," he said.



U.S. AIR FORCE PHOTO/SCOTT M. ASH

Chief Master Sgt. of the Air Force James Roy speaks Feb. 17, 2011, in Orlando, Fla., during the Air Force Association's 2011 Air Warfare Symposium and Technologies Exposition. Chief Roy spoke about building resiliency in Airmen and their families.





U.S. AIR FORCE PHOTO/SCOTT M. ASH

Secretary of the Air Force Michael Donley speaks in Orlando, Fla., Feb. 18, 2011, during the Air Force Association's 27th Annual Air Warfare Symposium and Technology Exposition. Secretary Donley reviewed the Air Force's top priorities and underscored the service's commitment to making the most of available resources in a challenging fiscal environment.

## SecAF takes stock of progress

BY MASTER SGT. AMAANI LYLE  
SECRETARY OF THE AIR FORCE  
PUBLIC AFFAIRS

ORLANDO, Fla. (AFNS) -- During remarks to the Air Force Association's 27th Annual Air Warfare Symposium and Technology Exposition here Feb. 18, the Air Force's senior ranking official reviewed the service's priorities and underscored Air Force commitment to making the most of available resources in a challenging fiscal environment.

Air Force Secretary Michael Donley spoke at the AFA event a day after he and Air Force Chief of Staff Gen. Norton Schwartz testified before the House Armed Services Committee in Washington, D.C., on the Air Force's current posture and fiscal 2012 budget.

Addressing an audience of approximately 300 AFA members, defense industry officials, and U.S. military representatives, he said that he and General Schwartz noted a "distinctly different budget climate this year" in light of new fiscal restraints.

"Congress has begun a serious and what is likely to be a protracted debate over our national debt, persistent annual budget deficits and priorities in the federal budget," Secretary Donley said. "If there were any doubt that defense would be part of that debate, I think that doubt was erased this week."

In this context, he characterized Defense Secretary Robert Gates' mandate for the services to find more than \$100 bil-

lion in internal savings and efficiencies as "more than prescient", enabling Department of Defense officials to shift these savings from lower priority "tail" to warfighting "tooth" over the Future Years Defense Plan.

Toward this effort, Air Force officials have identified \$33 billion in savings and efficiencies they can redirect into high priority programs. Despite reduced personnel, aging equipment and a leaner budget, they are continuing their imperative to get the most out of all the resources the service provides, said Secretary Donley.

"This is not sloganeering," he said. "We are absolutely committed to implement the efficiencies now planned. We recognize that some may yield less than we projected, some may yield more. But we will stay after it and continue to look for additional opportunities for savings and efficiencies going forward."

### Air Force Priorities

The symposium also provided an opportunity to update attendees on the status of Air Force efforts to achieve its top priorities and the road ahead.

While the service has many short- and long-term tasks and objectives to deliver, having a set of priorities helps keep Air Force men and women focused on the big picture, Secretary Donley said.

See **SECAF**, Page 8

## Airmen experience the 'sound of freedom'

BY LT. COL. KJALL GOPAUL  
DEPUTY DIRECTOR, LEMAY CENTER JOINT  
AND AIR STAFF LIAISON OFFICE

A group of Airmen, M-16 rifles in hand, crouch and wait silently. They scan the horizon, peering through the afternoon haze across the landing zone, and anxiously await the arrival of the UH-60 Black Hawk helicopter and the aircrew's signal to load.

They double-check their equipment and mentally rehearse their actions. The load of troops hold their weapons at a tactical low port and rush for the open doors of the awaiting aircraft.

With the howl of the engines drowning out any verbal communication, the troops mutely secure their equipment, lock their seatbelts and give a silent thumbs-up.

Through the maelstrom of wind that sweeps through the aircraft's cabin, the team leader methodically verifies the safety of all personnel. Only then does he give a thumbs-up to the helicopter crew chief, ready for the aircraft's ascension into the skies, and, like their Army Air Corps predecessors of Bolling Field 65 years earlier, they are airborne.

Minutes later, as the aircraft hesitantly yields to the force of gravity and descends, all eyes are on the crew chief. With the urgency of a hair-trigger, the crew chief gestures to rapidly off-load.

"Two steps then down, two steps then down," is the mantra instilled in each chalk member as they burst through the open doors and drop to the prone supported firing position to provide security for the departing helicopter. In the receding rotor wash of the rising aircraft, the chalk concludes the earth-bound portion of their training as they sprint off of the landing zone.

Although this may sound like a military operation taking place in Iraq, Afghanistan, or the Horn of Africa in support of overseas contingency operations, it was actually part of a series of exercises with Airmen from the Air Force District of Washington and Soldiers from the 29th Combat Aviation Brigade of the Maryland Army National Guard.

For the second time in as many months, Airmen have trained at Weide Army Heliport, Aberdeen Proving Ground, on air operations prior to deployment. First on Jan. 20 with C Company, 2-224 Aviation, and then again Feb. 16 with C Company 1-169 Aviation, the Airmen mastered the tasks for tactical troop movement by helicopter.

One of the trainees on the first exercise, Air Force Staff Sgt. Heather Fisher,

Joint Base Anacostia-Bolling (JBAB) Air Force Element personnel readiness office, described the sequence of events for the mission in January.

"This was my first time near a helicopter, and it was pretty intense," she said. "There was a lot of wind blowing, and I wasn't sure what to expect with a live aircraft. Dealing with the weapon made things more difficult. It gave you something else to be cognizant of—its weight and holding it correctly made the training more realistic."

The ground-based training also covered the communications systems of the aircraft—the passengers were taught how to operate the helicopter's intercom system to talk to the aircrew, or use the radios to talk with troops on the ground or in other aircraft. They also learned how to bring their own radios aboard the aircraft and connect it to the troop commander's antenna, if the situation required it.

Air Force Tech. Sgt. Nathan Rasch, Air Force Legal Operations Agency, tasked for a deployment to Afghanistan, noted the value of the hands-on training.

He explained how live aircraft increases the realism of air expeditionary force readiness exercises and provides Airmen risk reduction before deploying, since trained troops will focus on the mission rather than the distractions of air operations.

"Sometimes with pre-deployment or ability-to-survive-and-operate training, all you're given is a chance to sit in a class, look at equipment, and talk about it a few times before you go out into the field and have to do it for real," he said. "Today's class was a clear departure from that, because we trained live with a platform that's being used increasingly in the AOR by Airmen. It got more comfortable with every turn—knowing what the helicopter felt like when it touched the ground and lifted off—it filled in all the blanks."

Sergeant Fisher elaborated on how members from all branches train and fight jointly in current military operations.

"I work in readiness and I see that a lot of deployment taskings are going joint, so more Airmen are doing stuff outside their career field with other services. It gives you a sense of pride in what we do. Most Airmen don't get near an aircraft until they deploy, so this is good exposure to what they'll be doing over there."

The training on Feb. 15 also incorporated a squad of 10 JBAB Security Services Airmen. Forming a single chalk, the Air-

See **AIRMEN**, Page 9

## Joint Base Journal

JOINT BASE ANACOSTIA-BOLLING  
WASHINGTON, D.C.

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Commander

Joseph P. Cirone  
Public Affairs Officer  
202-404-7206  
[jbab.pao.fcm@navy.mil](mailto:jbab.pao.fcm@navy.mil)

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# Shop smart at the commissary

BY COLLEEN DOOLIN

JOINT BASE ANACOSTIA-BOLLING  
WARFIGHTER & FAMILY SERVICES

The privilege of shopping at the commissary is an important benefit for all service members, veterans and their families—particularly stationed in high cost areas such as the Nation's Capital.

The Defense Commissary Agency reports that shoppers save an average of 30 percent on groceries when compared with local stores' prices. Here are a few shopping strategies to help families get the most from their food dollars.

Plan meals and make a list before you enter the store. This technique saves both time and money. Start out by making a schedule of meals for the week ahead and don't forget to include lunches prepared at home and eaten at work or school. Keep the nutrition pyramid in mind and make sure to schedule many fruits and vegetables. Take a quick inventory of items already in your cabinets, freezer and fridge and make a list of what is needed for those meals.

Use unit pricing to compare different brands or sizes of items. Unit pricing stickers are located on the store shelves above or below products. Don't assume that larger products are cheaper ounce for ounce—many times they're not. If items are similar but not exact, compare them by the number of servings, number of loads or number of items in the package. This is a good way to compare concentrated cleaning laundry detergents with regu-

lar ones or different types of frozen foods.

Convenience has a cost. When purchasing food, keep in mind that every step taken to process food has an impact on cost and nutrition. Think about the differences between a plain potato from the produce section and frozen French fries. Try to strike a balance between convenience, nutrition and cost. Compare the prices of individually packaged snack foods to large bags of chips or pretzels and consider bagging up snacks yourself.

Coupons cut prices. If you see a coupon for a product you use, grab it. There are many coupons located at the front of the commissary, on the shelves, and attached to products themselves. They're available in magazines, the Sunday newspaper and on the Internet. Don't use coupons for products you don't generally purchase but if you can combine a coupon with a store special, your savings will really add up.

Food benefit programs can help. Service families should not go hungry. If you think you're eligible for the Supplemental Nutrition Assistance Program (food stamps) or Women Infants & Children (WIC), apply for these benefits now. Consider the SHARE program [www.sharedc.org](http://www.sharedc.org). If your family is facing a financial crisis, contact your service's emergency relief agency for assistance.

To find out more on Military Saves, register for classes or take a smart shopper commissary tour, call (202) 767-0450. Visit [www.militarysaves.org](http://www.militarysaves.org) for more information.

## Senior leaders gauge military financial health

BY SENIOR AIRMAN SUSAN MORENO  
JBAB PUBLIC AFFAIRS

Feb. 20 marked the kick-off of the fifth annual Military Saves Week, an offshoot of America Saves Week, a yearly event intended to help people become better financial planners.

The campaign runs through Feb. 27, but Military Saves is truly a year-round campaign to educate service members about the need to save money.

Financial fairs, luncheons, speakers and seminars, and working with on-base credit unions and banks, military exchanges and commissaries are regular fixtures during this event every year.

The campaign's emphasis is on savings, which is appropriate in today's economy.

The campaign's slogan, "Start small, think big," promotes the long-term benefits of saving even a little bit each month.

Senior military leaders recently held a financial health poll to assess the financial stresses on military members as a result of the recent economic downturn. The poll primarily focused on financial condition, residence and permanent change of station moves.

Through the poll, it was found that 86 percent of officers and 60 percent of enlist-

ed described their situation as 'very comfortable,' or 'able to make ends meet,' while about one-third of enlisted members answered that they 'occasionally have some difficulty,' and about 10 percent answered that they were 'keeping their heads above water' or were 'in over their heads.'

Most Navy personnel rated their financial situation as being better than that of the general population. Eight-two percent of officers and 54 percent of enlisted members rated their personal financial situation as 'excellent' or 'good,' compared to 41 percent of the U.S. population.

In one survey finding, 85 percent of the people surveyed with a savings plan said they have sufficient emergency savings, while just 50 percent without one said the same.

Additionally, 88 percent of those surveyed with a plan spend less than their income and save the difference, compared to 50 percent of those without a plan.

And 61 percent of those surveyed said they're saving enough for retirement, compared to 27 percent without a plan.

For more information on Military Saves, go to [www.militarysaves.org](http://www.militarysaves.org) or visit the Joint Base Anacostia-Bolling Warfighter and Family Services office, building 13.

## JBAB Exchange resolves to promote healthier living

BY AMY BRANDT

ARMY & AIR FORCE EXCHANGE SERVICE  
PUBLIC AFFAIRS

According to the New York Times, one-third of Americans break their New Year's resolutions by the end of January. Understanding that most resolutions center around a healthier lifestyle, the Army & Air Force Exchange Service is making it easier to live up to goals specific to health and fitness.

Dining at Joint Base Anacostia-Bolling (JBAB), for example, doesn't have to be a diet-buster as virtually every establishment now offers healthy dining options. Subway's Fresh Fit menu provides eight sandwiches with less than six grams of fat, baked chips and a diet beverage.

Burger King offers an online "Build-a-Meal" menu that reveals nutrition facts for various meal combinations. Burger King also allows diners to select a side salad instead of fries for the same price.

In addition to Subway and Burger King, other options, including Taco Bell and Pizza Hut, offer a wide variety of resolution-worthy initiatives. Exchange restaurant nutrition information is available

online at <http://www.shopmyexchange.com/docs/nutrition.pdf>.

The days of vending machines being a last-ditch option for those monitoring what they eat are long gone thanks to the "Fit Pick" program. Created by the National Automatic Merchandising Association, "Fit Pick" educates Americans about the role of healthy snacks and the importance of a balanced diet and physical activity. "Fit Pick" guidelines call for vending machine snacks that are less than 35 percent calories from fat, 10 percent calories from saturated fat and 35 percent total weight from sugar. JBAB Exchange vending machines include a minimum of a 15 percent product mix of "Fit Pick" items in all units.

While gassing up the car at the JBAB Shoppette, drivers can also fuel up on fresh salads with less than 300 calories, chilled fruit cups and fresh fruit. The Shoppette also offers a wide array of meal replacement options such as PowerBars, Clif, Zone Perfect and Detour Bars, all available in assorted flavors.

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# A way out: My journey from the brink of suicide

COMMENTARY BY MAJ. KARRY GLADDEN  
AIR FORCE NETWORK INTEGRATION CENTER

SCOTT AIR FORCE BASE, Ill. (AFNS) -- I recently celebrated two important anniversaries. On Jan. 30, 2010, I decided when and how I was going to end my life. The night before, I went to bed and slept for two hours, as I had for the previous nine or so months. Once I was sure my wife was asleep, I got out my laptop and researched how long it would take to bleed out from a femoral artery injury. This bit of information helped me narrow down the when and how. It also took away the last stumbling block. It had to look like an accident, primarily to ensure my sweetheart didn't spend the rest of her life wondering why I committed suicide or blamed herself.

It is important to know that I got to the brink of suicide the same way most people do -- a series of stressors in my life built up until they simply got the better of me. To make matters worse I had chronic back pain, which had been increasing since an injury a year ago, resulted in less and less exercise -- an important way to relieve stress. And although I made sure members of my family received counseling for the major life events we were all facing, I just "manned up." Through it all, I continued my duties as a flight commander at Ramstein Air Base, Germany, and later, as an executive officer at Scott Air Force Base.

Here are signs I ignored:

- On the way home from work one day, a truck veered into my lane. I made no effort to move and was disappointed when it didn't hit me.

- I was sleeping less and less, lying awake with racing thoughts, only falling asleep when exhausted.

- I wasn't eating. Ironically though, I gained a lot of weight.

- I went through the motions of life; I went to work because I had a responsibility to my family and the Uniform Code of Military Justice.

Jan. 31, 2010, is the other anniversary, the day I decided to live. It was a Sunday morning. During church I realized that normal people do not stay awake at night researching how to die. At home, I took my wife aside and told her everything. I also asked her to remove our firearms from the house, not to leave me alone and take me to the emergency room or mental health first thing in the morning. Just telling that one person, the most important person in my life, paid big dividends. She didn't look at me like I'd sprouted another head; she was upset that she hadn't noticed and that I couldn't tell her. It wasn't that I couldn't tell her, I didn't want to add to her stress.

I felt better. I got up Monday morning and decided that just telling my wife was enough. I put my blues on and told her everything was going to be okay. I didn't need to go see anyone. She gave me the option of going willingly or in the back of an ambulance.

We went to mental health and I chose to admit myself. I would have been admitted either way, but believe me, self-admission is the way to go. The mental health staff was very professional and sympathetic. A very knowledgeable senior airman spoke with my wife and me and started the admission process. A civilian provider made arrangements with a local hospital for care.

Once at the hospital I realized that I had never been so embarrassed or ashamed in my life. "How did I get here?" "What will everyone think?" I tried to figure out what I would tell everyone when I got out. I quickly learned a few life lessons:

- There are others there just like me, not just with the same experiences, but other Airmen.

- Sleep is a wonderful and restorative thing.

- No one, my commander included, saw me as weak or "crazy." He was very supportive. He even called me -- in the hospital -- to congratulate me on my selection to major. I learned I had been selected for promotion from a call on a stainless steel phone with a cord too short to be used as a noose.

- Military personnel stay an average of four days longer than our civilian counterparts. Why the disparity? Probably because we have a tendency to "suck it up and move on," going back to the same environment at an increased risk of relapse.

After five or six days I realized in horror that I had successfully hidden this from everyone, including my sweetheart of 19 years. I wondered how many others were going through the motions as well. We know there are others, we see the reports. How many times have we been surprised by their actions?

As I felt better, I felt obligated to be as vocal as I had been silent. I told my story to my unit, the Air Force Network Integration Center, and I'm telling you now.

For those supervisors, friends, spouses and wingmen:

- We have to embrace the Wingman culture. A wingman is not a name and phone number on the back of a card. It is someone you know well enough to see when something is wrong, or know enough about their life and struggles to take them aside and offer to talk. If our relationship only exists

Monday through Friday from 7:30 a.m. to 4:30 p.m., I'm not going to share my deepest darkest secrets with you.

- Look at your Airmen. There are signs and they are not always "giving away their stuff, experiencing financial problems, or other personality changes." I enjoy humor and laughing, an easy wall to hide behind, but I also gained 40 pounds in nine months. No one said anything.

- Beware of the curse of competency. A fine line to be sure, we can't have people backing down from stressful jobs or the tough jobs wouldn't get done. At the same time, maybe an executive officer isn't the right job for an Airman who was given a humanitarian assignment to your unit. After explaining my situation when I arrived, I was told, "We really need you to do this and it's the right time in your career. Work with your supervisor to take the time you need."

For those of you who are stressed, not sleeping, having racing thoughts, thinking of harming yourself either actively or passively:

- Talk to someone NOW. If you are worried about confidentiality, consider this: no one besides my commander

and first sergeant knew. Not even the commander's exec, and he knows everything.

- If you are worried about your career, consider: I came out on the promotion list in the hospital, I pinned on major two months ago and I still have my security clearance. And my leaders let me keep my branch chief position.

- Tell your leaders if you are in over your head. I still feel that my leaders should never have put me in an exec position, but I didn't push the issue, either. I didn't want the stigma of having said no or sounding like a whiner.

- Stay active. Part of my on-going therapy is physical activity in addition to regular exercise.

- Asking for help does not show weakness, it shows courage. Be humble enough to talk to a friend, your chaplain or a Mental Health representative.

I have been reflecting on the things I would have missed. I am grateful every day, for God, my loving companion, my understanding commander, a compassionate first sergeant and for the medical professionals who got me moving in the right direction.

# DOD officials strive to strengthen, empower military families

By ELAINE WILSON

AMERICAN FORCES PRESS SERVICE

WASHINGTON (AFNS) -- From educational opportunities to spouse employment, Defense Department officials are expanding military family support programs to better meet families' current needs, as well as to empower them for the challenges that lie ahead, the DOD official who oversees military family programs said Feb. 17.

"It's not just about providing fish -- it's teaching to fish as well," said Robert L. Gordon III, the deputy assistant secretary of defense for military community and family policy, to an audience of politicians, spouses and service organization leaders during the Congressional Military Family Caucus Kickoff in the U.S. Capitol building here.

The caucus' goal is to educate Congress members and staff about the unique challenges, including mental health, wounded warrior care, health care, education and disability, that service members and their families face.

The military community is diverse and vast, Mr. Gordon said, with more than 2 million service members, 1.59 million military-connected children and nearly 800,000 spouses.

"The question is: How do we look at that community and address their needs, but also empower them for the future?" he asked.

The nation is in an era of "fiscal austerity," Mr. Gordon acknowledged.

However, he added, families continue to have the same needs and concerns, including education, behavioral health support, employment and community reintegration.

Mr. Gordon called for an increase in DOD partnerships to bolster family support in the years ahead.

The department must continue to foster relationships with nonprofit and military spouse groups and the commercial and entertainment sectors, he added.

Leadership also is "absolutely key" when addressing the military community's most-pressing issues and concerns, he said, but it will take more than just DOD leaders to do the job.

Government and nonprofit group leaders and senior military spouses, Mr. Gordon said, must be "focused like a laser beam on the issues and concerns of our military community."

Families have a plethora of support programs available to them, but leaders must ensure those programs are effective and adequately address needs, he added.

Toward that end, Mr. Gordon touched on a few of the programs and initiatives the department is looking at to increase education and career opportunities.

DOD officials, for example, plan to conduct an educa-



DEFENSE DEPARTMENT PHOTO/ELAINE WILSON

**Robert L. Gordon III and Karen Guice take questions Feb. 17, 2011, during the Congressional Military Family Caucus Kickoff in the U.S. Capitol building in Washington. Mr. Gordon is the deputy assistant secretary of defense for military community and family policy. Ms. Guice is the executive director of the Federal Recovery Coordination Program.**

tion review to ensure a "world-class" education for military children. Of the 1.2 million military-connected children in schools, roughly 85,000 are in DOD schools, about 70,000 are in public schools on military installations and the rest, Mr. Gordon noted, attend off-base public schools.

The 172-day review will look at science, technology and engineering, math, early child education and languages, he said, to ensure all 1.2 million military children are being adequately prepared for 21st-century demands.

For younger children, Mr. Gordon said the department is working to expand the number of child care slots within communities.

The DOD has 923 child development centers with 200,000 young children needing care and a shortfall of about 30,000 slots, he said.

To alleviate the shortfall, Mr. Gordon said, DOD officials have partnered with 13 states to increase military family access to community-based, quality child care.

This focus on community care makes sense, he said, since roughly 70 percent of families live off base.

"We have to have partnerships where we provide those sorts of resources where the communities are," he said.

Officials also are focused on improving spouse employment opportunities, Mr. Gordon said.

Of the 800,000 military spouses, about 77 percent would like work, he said.

However, he acknowledged, spouses are hindered by frequent transitions and deployments.

Department officials are engaging in a spouse education and career opportunity initiative to alleviate some of those employment challenges, Mr. Gordon said.

The initiative includes expanding the Army Spouse Employment Program into the Military Spouse Employment Program so all spouses can benefit, he said. The Army's program helps connect spouses with opportunities in Fortune 500 and Fortune 100 companies.

These are just a few of the programs the department is working on, Mr. Gordon said, noting many others are outlined in the White House report, titled: "Strengthening our Military Families: Meeting America's Commitment."

This report describes the sweeping interagency effort underway to better support military families.

Federal agencies, he added, have made nearly 50 commitments in terms of family support.

Moving ahead, Mr. Gordon said it will take a mix of innovation and creativity to meet military families' needs, while ensuring they're empowered "to be the best they can be."



# USAF Honor Guard performs at McConnell AFB, Derby HS

BY SENIOR AIRMAN ABIGAIL KLEIN  
22ND AIR REFUELING WING PUBLIC AFFAIRS

MCCONNELL AIR FORCE BASE, Kan. -- Marching in unison while also performing gravity defying rifle maneuvers, seventeen members of The U.S. Air Force Honor Guard drill team displayed their talent to McConnell members Feb. 14, 2011.

The U.S. Air Force Honor Guard currently consists of approximately 250 Airmen. The drill team annually performs at approximately 45 different cities nationwide.

Each branch of military service has a select group of service members who train to carry out the mission at Arlington National Cemetery. The Air Force Honor Guard drill team travels around the United States and overseas promoting recruiting, retention and awareness. Drill team members perform precision-oriented routines in which they spin, flip and toss 11-pound M-1 Garande rifles with fixed bayonets.

"The Air Force Honor Guard members apply the Air Force core values to their mission by displaying 'excellence in all they do,'" said Airman 1st Class Tabitha N. Haynes, Air Force District of Washington Public Affairs, Washington, D.C. "At each performance, The Air Force Honor Guard drill team has a goal to perform flawlessly to represent the excellence put forth by all Airmen around the world."

To represent these core values, team members must undergo specialized training after completing the Air Force standards at basic military training.

The honor guard members then continue to the Air Force Honor Guard Technical Training School for eight weeks of strict physical and technical training at Joint Base Anacostia-Bolling in Washington, D.C.

After honor guard members are fully qualified to fulfill their mission at Arlington National Cemetery, they can elect to go through an additional six-week training course for the drill team. The course is concluded with a solo performance in front of the entire Honor Guard where the drill team trainee is evaluated and then selected for the team, said Airman Haynes.

Once trained, members perform at various events and

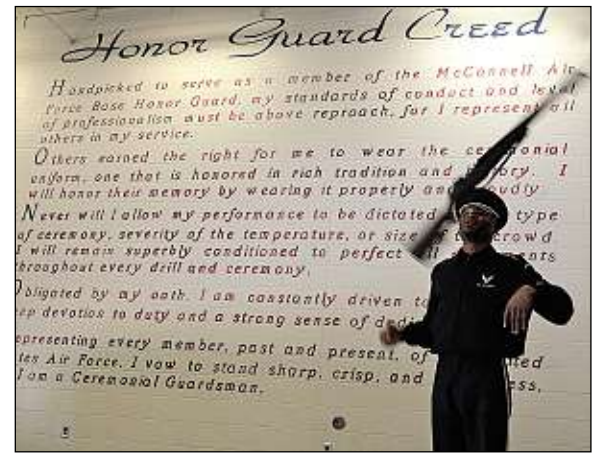


U.S. AIR FORCE PHOTO BY AIRMAN 1ST CLASS TABITHA N. HAYNES

**Members of the U.S. Air Force Honor Guard drill team perform for Airmen and youth Feb. 14 at McConnell AFB in Kansas. The drill team performs to represent the Airmen serving around the world in the Air Force.**

locations ranging from high schools with Junior Reserve Officer Training Corps, to halftime shows at National Football League games. The team spends nearly 180 days per year on temporary duty traveling and performing.

One member of the drill team, Staff Sgt. Kelly Webster, Air Force Honor Guard drill team NCOIC, was excited to



**Senior Airman Doyle Boyd, member of The U.S. Air Force Honor Guard drill team, demonstrates drill movements.**

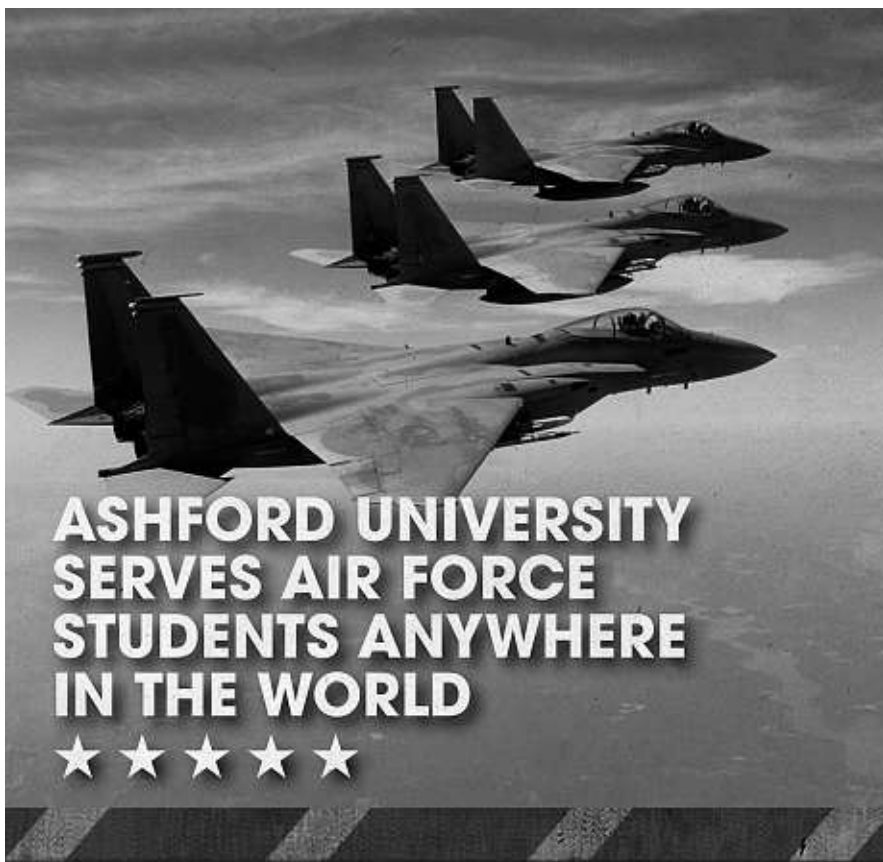
perform at McConnell because he is a Derby, Kan., native. While in Kansas, Sergeant Webster and the team performed at his alma mater, Derby High School, where he was a member of the class of 2004.

"It was really awesome to perform [at Derby] because that is where I first decided I wanted to be on the drill team," he said. "I was in the school's Junior Reserve Officer Training course when I saw a video of the drill team. I knew then that that was exactly what I wanted to do."

In addition to Derby High School, the drill team performed and met with McConnell's Honor Guard. Present at the meeting was Staff Sgt. David Perry, 22nd Air Refueling Wing religious program support NCOIC, who was a member of the U.S. Air Force Honor Guard Drill Team from 2007 to 2009.

"They are like a group of brothers to me because when you're part of the team, you're always part of the team," Sergeant Perry said. "It was almost like a family reunion."

After travelling through parts of Kansas, the team continued to Oklahoma City to represent Airmen serving around the world during military appreciation night at an Oklahoma City Thunder NBA game, and then performed at Tinker Air Force Base, Okla. The team will return to Washington, D.C. afterward.



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# J NOTES

Miscellaneous items related to your health, your career, your life and your community

### Self-help cameras available at JBAB Public Affairs

Self-help point-and-shoot cameras are available from Joint Base Anacostia-Bolling Public Affairs for check-out. For more information, call JBAB Public Affairs at 202-767-4781.

### Tax season brings H&R Block to Joint Base Andrews

Joint Base Andrews Army and Air Force Exchange Service is offering tax preparation services via an H&R Block concession stand through April 15 in the Home Traditions Plaza, building 1683, 1683 Arnold Ave., Joint Base Andrews, Md., 20762. Hours of operation are Monday-

Friday 9 a.m.-7 p.m., Saturday 9 a.m.-5 p.m., and Sunday 10 a.m.-4 p.m. with appointments available and walk-ins are welcome.

For more information, call 301-568-2154.

### Help wanted for AFOWC Thrift Shop manager, assistant manager

The Air Force Officers' Wives Club is seeking a manager and an assistant manager to help direct daily thrift shop operations on a part-time basis. The thrift shop is open Mondays, Wednesdays and Fridays from 10 a.m.-2 p.m. Work hours are 9:30 a.m.-2:30 p.m. For more information or to apply, e-mail Deb Arquette at resident@afowc.com.

## SECAF

### ■ Continued from Page 3

The Air Force's priorities include strengthening the Air Force nuclear enterprise; partnering with the joint and coalition team to win today's fight; developing and caring for Airmen and their families; modernizing air and space inventories, organizations, and training; and recapturing acquisition excellence.

Addressing these priorities is an ongoing, multi-year effort, the secretary said.

"We continue to strengthen the nuclear enterprise; we'll provide safe, secure, and effective combat ready forces for nuclear deterrence and global strike operations," he said, adding that management and oversight of nuclear weapon-related material involves sustaining and upgrading systems and managing human capital.

He also said partnering with the joint and coalition team to win today's fight has been fundamental to successes in both Iraq and Afghanistan over the past year.

"With nearly 34,000 Airmen deployed to contingencies across the globe, and 28,000 supporting the fight from 63 locations in U.S. Central Command, we've supported the joint and coalition team with more than a half million hours flown in theater in the last year, averaging more than 400 sorties a day," Secretary Donley said. "We remain as committed as ever to providing the global vigilance, reach and power that enabled a successful transition in Iraq from combat operations to a 'train, equip and support' role and the surge in Afghanistan."

On the vigilance side of the equation, the secretary said that as demand for intelligence, surveillance and reconnaissance continues to grow, Air Force officials are aggressively evolving the ISR capability to support combat operations. He said the

service will also take a closer look this year at how best to size and balance the full portfolio of ISR assets in the future.

"In active response to today's urgent operational needs, in pushing forward additional breakthroughs in new technology using rapid acquisition processes, and fueled by supplemental appropriations, we have developed a wide range of new ISR sensors and platforms," the secretary said. "As resources diminish, we need to rationalize this work and develop a balanced portfolio for the future."

The secretary also discussed support for the Air Force's long-range strike "family of systems," another acquisition priority.

"Maintaining the ability to hold virtually any target on the planet at risk is fundamental to our national security and military strategies as a conventional and nuclear deterrent against aggression around the world," he said.

One of the most important impacts of Air Force efficiency savings, he said, is that it has given service the opportunity to begin a new long-range nuclear-capable penetrating bomber program.

After touching on efforts within each of the service's priorities, the secretary concluded with his intention to keep the Air Force's most critical asset at the forefront.

"Our greatest guarantor of success is our Airmen, and that's why developing and caring for Airmen and their families is a priority," Secretary Donley said.

"Taking care of Airmen and their families is a priority because it is on their shoulders that we prevail in today's fights, that we will prevent and deter others and prepare for the challenges of tomorrow," he said. "It will be their insight, their innovation that will drive much of the way we organize train, equip and operate to meet future challenges."

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# MWR at a glance

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This is your last chance to acquire some of the old Bolling AFB Capital Cove Marina Memorabilia. Act fast because quantities are limited!

- 18-by-12-inch Marina Flags - \$12
- Travel Mugs - \$12
- Beverage Holders - \$2

## INFORMATION, TICKETS & TOURS (ITT)

Bldg. 4472 (Arts & Crafts Center)  
202-404-6576  
Open Tuesday-Saturday 9 a.m.-6 p.m.

## HARLEM GLOBETROTTERS

March 5 | 1 p.m. | Verizon Center | \$15.25 (Box Office \$26-36)

Pre-purchase Harlem Globetrotters tickets at the JBAB ITT Office. All seats located in the lower level in section 102. Tickets are limited. Customers can pick-up pre-purchased ticket orders on March 1, 2011 at the ITT Office.

## MOHEGAN SUN CASINO DAY TRIP

March 19 | 8 a.m. to 11 p.m. | Poconos, Penn. | \$35

Bus will depart from Fitness Center II, Bldg. 419 parking lot at 8am. Time allotted for casino play is 6 hours then bus will return around 11pm. Price includes: motor coach transportation, continental breakfast, \$30.00 free slot play and \$10.00 food coupon.

## DISNEY MILITARY PROMOTION

Offer good through Sept. 28

You can now pre-purchase 4-Day Park Hopper or 4-Day Base w/ Water Park for \$135.50 (regular price-\$304.59) or a 4-Day Park Hopper w/ Water Park for \$162 (regular price \$362.10).

Tickets may NOT be used on the following dates: Dec. 27-31, 2010, April 17-23,

2011 and July 4 at Magic Kingdom only.

Ticket orders may take up to 15 business days.

## FOXWOODS GREAT CEDAR CASINO HOTEL TRIP

May 25-27, 2011 | Mashantucket, Conn.  
Package Includes: bus transportation, room, two \$10 food credits or full buffet, one \$5 food credit or breakfast buffet, \$25 Keno Coupon and a 20 percent off discount at any Foxwoods Gift Shop with purchase of \$25 or more on Foxwoods souvenirs.

Price per Person:  
Single- \$368 | Double- \$269 | Triple- \$247  
Second Payment due Feb. 18  
Final Payment due March 31

## BOLLING CLUB

Bldg. 50  
202-563-8400

## CHAMPAGNE SUNDAY BRUNCH

Feb. 27 | 10:30 a.m.-2 p.m. | Washington Dining Room

Relax and let us do all the work! Join us for the best Sunday brunch in the National Capital Region! Our brunch features seasonal fruits, eggs benedict, made-to-order omelets, scrambled eggs, breakfast meats, Belgian waffles, French toast, home fries, a carving station and salad and dessert bar with soft-serve ice cream. There is also a selection of lunch entrees. Buffet includes complimentary champagne, Screwdrivers and Bloody Mary's.

Club Members: \$22.95  
Non-members: \$26.95

## BRIDAL EXPO

March 6 | 11 a.m.-2 p.m.

Learn more about the Bolling Club and available wedding packages as well as meeting with vendors from across the National Capital Region. Vendors will include photographers, DJs, stationary specialists and so many more!

## LUNCH BUFFET

Tuesday-Friday | 11 a.m.-1:30 p.m. | Washington Dining Room

Join us for one of our delicious lunch buffets—Comfort Food Tuesdays, Southern Style Wednesdays, Pork Chop Thursdays and Seafood Fridays! All buffets include salad bar, dessert table and ice cream bar.

Club Members: \$9.95

Non-Members: \$12.95

## SOUP AND SALAD CARRY OUT

Tuesday-Friday | 11 a.m.-1:30 p.m. | Washington Dining Room

Enjoy a homemade cup of soup and a salad from our salad bar and take it back to work!

Club Members: \$6.95

Non-Members: \$8.95

## MUG CLUB

Join the Bolling Mug Club! Members receive special prices at the WASP Lounge. See the bartender for an order form. You can even have your mug customized with your own engraving ideas at the JBAB Arts and Crafts Center.

## WASP SOCIAL HOURS & NEW DINER MENU

Wednesday-Friday | 5-7 p.m. | WASP Lounge

Stop by the WASP Lounge and enjoy our new menu options for dinner! The new menu includes sandwiches, salads, dinner entrees and daily specials! Stop by the Club and pick up a menu today!

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## FEBRUARY BIRTHDAY RECOGNITION

If this is your birthday month please stop by the Liberty Center throughout February and receive a gift. You must show proof of your birthday.

## FITNESS AND AEROBIC CENTERS

Bldg. 419-Anacostia 202-433-2962

Bldg. 15 & 38- Bolling 202-767-5895

## BENCH PRESS CHALLENGE

Feb. 25 | 8 a.m.-7 p.m. | Fitness Center I

Test your strength and power against some of JBAB's strongest lifters in the Bench Press Competition hosted by the JBAB Fitness Centers. Participants will compete with others in their age class with the goal of being able to lift the most weight while performing a one rep bench press. Prizes will be awarded for first and second place in each age class. Sign-up at the Fitness Center I and II.

## POTOMAC LANES

Bldg. 1310  
202-563-1702

## COSMIC BOWLING

For an out-of-this-world bowling experience, there's nothing quite like Cosmic Bowling. Enjoy the futuristic sensation when we turn down the lights and fire up the cosmic show every Saturday after 6 p.m. There are dancing lights, hot music, glow-in-the-dark bowling lanes and pins! Only \$5 per game, shoes \$1.50.

## OUTDOOR RECREATION

Bldg. 928  
202-767-9136/9135

## NATIONAL AQUARIUM-BALTIMORE TRIP

March 5 | 9 a.m.-4 p.m. | \$38 (Travel and Total Experience Package)

Let Outdoor Recreation take you on a visit to the National Aquarium. The Aquarium is the anchor to Baltimore's Inner Harbor. Numerous shopping and sight-seeing opportunities are within short walking distance. The aquarium features hundreds of exhibits and more than 16,500 animals. The new dolphin show, Our Ocean Planet, and the Aquarium's new immersion theater will bring you closer to the sights, sounds and smells of the action!

## AIRMEN

### ■ Continued from Page 3

men integrated the airborne operations with their small unit tactics to improve the team.

Air Force Staff Sgt. Timothy R. Allison, JBAB Security Services unit deployment manager, spoke about the benefit to his team from the exercise.

"Training as a team enabled each of us to learn our place and actions to effectively enter and exit the helicopter," he said. "The nice thing with practicing as a team is that you learn what to expect from the other Airmen. This was my first time in a helicopter, but I didn't realize how flexible and maneuverable a helicopter is. It was pretty amazing."

Sergeant Allison elaborated about the relevance of the training for stateside and deployed Airmen.

"Certain installations use helicopters on a daily basis for security, so this was good training for troops going to those bases," she said. "When you go downrange and jump on a new piece of equipment that you've never worked with before, it takes more time to get proficient. Instead of being nervous getting on the bird, they'll know what to expect and that allows them to focus on what they have to do when they land. That improves the flow of the

mission, wastes less time, and the team gets where it needs to go quicker."

After the first mission, Army Sgt. Alan Hawley, crew chief, C Company, 2-224 Aviation, noted the mutually beneficial nature of the event.

"This was a tremendous opportunity not only for the Airmen, but also the aircrew. We're deploying to Iraq soon, and since we're an air assault company, getting troops on the ground, on time, in the right place is our business. This was good training for us to work on our infiltration and 'exfiltration' procedures and moving troops since we have to conduct operations across the spectrum of warfare."

Air Force Staff Sgt. Reina Blake, AFLOA, said the class had special significance because of her impending year-long deployment tasking.

"The most important thing for me with my upcoming deployment is to 're-blue' that operational part of my brain," she said. "After leaving Hurlburt Field a year ago and coming to D.C., I stopped hearing the sounds of what of the Air Force does. I'm originally from Argentina, and I became a citizen in 1996. Today, I felt a renewed sense of pride in my citizenship decision and realized again how glad I am to be able to do what I do every day."

Flu shots available from 7:30 a.m. to 4 p.m. at the Bolling Clinic

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